COVID-19 Vaccine

NMDOH
NEW MEXICO DEPARTMENT OF HEALTH

NEW MEXICO
**AGING &
LONG-TERM
SERVICES**
DEPARTMENT

**STAY POSITIVE,
TEST NEGATIVE**

Questions?
Call the Aging and Disability Resource Center (ADRC) at
1-800-432-2080

I'd like to encourage you to join more than 250,000 of your fellow New Mexicans and register for your COVID-19 vaccine at vaccinenm.org

- You'll submit basic contact information, including your employment category and medical conditions.

- DOH will then send you a notification when vaccine is available, and you'll be able to schedule your vaccination at a provider near you.

- On the day of your appointment, you will fill out a medical questionnaire about your current health.

- Vaccinations are free, but we will ask for insurance information to help support the cost of the vaccination program. If you don't have insurance, that's okay – you can still get vaccinated.

- And please, continue to maintain COVID-safe practices: wear a mask, maintain physical distancing, avoid groups, and wash your hands often.

Please contact your local Senior Center if you would like to get the Vaccine at their facility.

Getting 'Back to Normal' is going to take ALL OF OUR TOOLS

Get vaccinated. Wear a mask. Avoid crowds. Wash hands often.

COMMON COVID-19 VACCINE QUESTIONS

WHY SHOULD I GET A COVID-19 VACCINE?

People who live in nursing homes and assisted living locations are at very high risk of getting sick, and even dying from the COVID-19 virus.

Workers in these facilities need the vaccine to stay healthy and keep their residents safe.

WHAT ARE POSSIBLE SIDE EFFECTS ?

The most common side effects are:

- pain where the shot was given
- tiredness or fatigue
- headache
- fever
- chills
- muscles aches
- joint pain
- nausea

Side effects were usually mild to moderate and went away quickly. Serious side effects were very rare.

ARE COVID-19 VACCINES SAFE?

COVID-19 vaccines were tested in large studies with thousands of adults of all ages, including those 65 and older. The vaccines were found to be safe and provided very strong protection in older adults.

The risk of catching the virus is much higher than any risk of the vaccine.

WHAT CAN I DO IF I HAVE SIDE EFFECTS FROM THE VACCINE?

- Talk to your doctor about over-the-counter pain relievers, such as ibuprofen or acetaminophen.
- For pain in the area where you got the shot, apply a cool wet washcloth and move the arm.
- For fever, drink plenty of fluids and dress lightly.

CAN THE COVID-19 VACCINE CAUSE COVID-19 DISEASE?

The vaccine cannot give you COVID-19; there is no live virus in it!

COMMON COVID-19 VACCINE QUESTIONS

HOW MANY SHOTS WILL I NEED?

The vaccines currently available require that you receive 2 shots 28 days apart.

ARE COVID VACCINES REQUIRED?

NO. The state and federal governments cannot require people to be vaccinated.

WILL WE STILL NEED TO WEAR A MASK?

Yes, vaccines will help slow the spread of COVID-19 but even after vaccination, everyone should continue to take recommended steps to protect themselves and others including wearing masks.

WHAT IF CARE FACILITY EMPLOYEES GET A FEVER AFTER THEIR VACCINATION?

Employees who have a fever after vaccination should stay home and get tested for COVID-19. If the virus is not the likely cause of the fever, they may return to work based on their employer's policy.

SHOULD STAFF AND RESIDENTS REPORT SIDE EFFECTS?

People who have unpleasant side effects after receiving this or any other vaccine should submit a report to the Vaccine Adverse Event Reporting System (VAERS). V-safe is a new phone app to report side effects.

ARE ALL STAFF AND RESIDENTS ELIGIBLE?

Yes, all employees and volunteers who work in your facility are eligible and encouraged to receive the vaccine. Long term care staff and residents are among the first groups recommended to get the COVID-19 vaccine by the CDC. Even if they have already had the COVID-19 virus, with or without obvious symptoms.

Testing to determine prior infection is not recommended.

If a person currently has COVID-19, that person should not receive the vaccine until they have recovered from illness. Once the person does not have symptoms and is no longer required to quarantine, they should get the vaccination.

HOW MUCH WILL IT COST?

There is no cost to receive the vaccine and you will not be billed directly. The pharmacy providing your vaccine may bill your insurance company.

Thank you for your efforts to ensure the best protection possible against COVID-19.

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